



Patient Instructions for the Bacterial Overgrowth Test

Patient Instructions Before Test

1. You should not take any antibiotics or probiotics for at least **4 weeks** before the test.
2. Day before the test do not eat slowly digesting foods like **beans, bread, pasta, bran or high fiber cereals**.
3. You should fast **after midnight**, with no food and only water to drink before the test.
4. On the morning of the test brush your teeth or use mouthwash, but spit out the toothpaste or mouthwash.
5. Do **not smoke, sleep, or exercise vigorously** for at least 2 hours before the test.

Test Protocol

1. We will obtain a baseline breath sample. After this you will drink a carbohydrate solution called Enulose syrup (10 grams).
2. Once the test starts you will be asked to blow into a machine every 15-20 minutes. You will be asked to do this until the test is positive or 3 hours have passed.
3. The results will be given to your doctor. Please allow a few days for your doctor to interpret the results and contact you.